

## **ABSTRACT OF THE DISCLOSURE**

An adjustable scissors-action exerciser includes two motion arms pivotable relatively to each other and adjustably set in one of multiple operation angles. When the operation angle between the two motion arms grows beyond a predetermined angle, 5 a locking mechanism is unlocked to allow the user to adjust the operation angle of the scissors-action exerciser. When the operation angle between the two motion arms is reduced within a predetermined angle, the locking mechanism is locked.